

PenCLAHRC in Cornwall

This issue of the PenCLAHRC Post examines some of our work in Cornwall.

Cornish Locality Leads

PenCLAHRC has two Locality Leads for Cornwall and the Isles of Scilly; Jane Royle and Julie Tomlinson who were appointed in February 2010.

Through their locality work they have met with a wide range of clinicians and managers to promote PenCLAHRC. They have also held question generation workshops and promoted the use of the PenCLAHRC 'question generation tool' to ensure that Cornish healthcare concerns get onto the research agenda.

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PCT engagement

The PCT is leading the PenCLAHRC agenda in Cornwall and Isles of Scilly. Jane and Julie are adding weight to meeting the World Class Commissioning competency by working with partners to identify important research questions. These questions cover topics where evidence is needed to inform commissioning plans and strategic priorities.

Felicity Owen, Director of Public Health for NHS Cornwall and Isles of Scilly and a member of the PenCLAHRC Management Board said:

'The PCT is very pleased to support PenCLAHRC and the work it is doing. Evidence based practice is seen as crucial to the PCT especially in terms of the Quality, Innovation, Productivity and Prevention (QIPP) agenda. PenCLAHRC will help support the QIPP groups that have been set up on the following themes – elective care, urgent/settings of care, long term conditions, prescribing, primary and community care, mental health and learning disability. It will help support people who are making clinical decisions that in turn will result in improved outcomes for patients in Cornwall and the Isles of Scilly.'



EBP promotion

A key part of Julie and Jane's role is to work in partnership with the Peninsula College of Medicine and Dentistry, the University of Exeter, the University of Plymouth, the Combined Universities in Cornwall, Local Authorities and the NHS to promote evidence base practice and sound clinical research.

To take this forward a meeting is being coordinated between the Chief Executives of Royal Cornwall Hospitals NHS Trust and Cornwall Partnership Foundation Trust, the Director of Public Health, the Director of R&D, patient and public representatives, commissioning leads and QIPP theme leads to explore ways of further embedding the principles of PenCLAHRC into Cornwall and Isles of Scilly.



Environment and Human Health

Mike Depledge, theme lead for the Environment and Human Health and the Interim Director for the European Centre for Environment and Human Health, describes this strand of work

The environment and human health theme within PenCLAHRC is unique in that it addresses the interconnections between the environment and health.

Work on the use of the natural environment to promote health and wellbeing is designed to see how outdoor physical activity can provide health benefits and help to tackle issues of national and international importance such as the increasing levels of obesity and psychiatric disorders.

PenCLAHRC's Evidence Synthesis Team will shortly complete a systematic review comparing the effects of exercising outdoors in the natural environment with exercising indoors. We are also attempting to characterize the cues and clues that we pick up from nature that help to relieve stress and restore psychological wellbeing. It is this type of work that compliments the PenCLAHRC programme. During the PenCLAHRC proposal, Environment and Human Health was included as the key emerging research theme within the Peninsula Medical School.

The European Centre for Environment and Human Health

Cornwall benefits from Convergence Funding provided by the European Commission to stimulate economic activity and create high quality employment opportunities within the county. This generated the possibility of establishing a major research centre in Cornwall. PCMD has been commissioned to establish the European Centre for Environment and Human Health on our Truro campus. Funding became available in January 2010 and the Interim Director, Professor Michael Depledge is currently leading an intense effort to recruit new staff and to develop a research strategy. Facilities to house the Centre's staff have recently been completed on the PCMD campus in Truro.

As well as conducting research, the Centre will translate scientific information into policy advice and build strong, two-way relationships with policymakers and politicians to improve the effectiveness of the delivery of evidence into regional, national, European and international policies.



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Stakeholder prioritisation

PenCLAHRC's stakeholders have met for the second time to prioritise the projects received in the most recent round of question generation. Over 70 questions were submitted via the web tool and put through the two stage prioritisation process. The topics selected to be taken forward vary widely and include subjects such as Vitamin D for dementia and the effectiveness of patient initiated clinics. Further details about the individual projects will be reported in future issues and on the website: <http://clahrc-peninsula.nihr.ac.uk/content/projects-0>

PenCLAHRC Staff Interview

Name: Stella Taylor

Job Title: PA to the Director of PenCLAHRC

Describe your role within PenCLAHRC:

I give administrative and secretarial support to the Director, Professor Stuart Logan. Anyone who knows Stuart will realise that this can be very challenging at times!

Who would you most like to have dinner with (past or present)?

Marvin Gaye or Bob Marley

What is your greatest extravagance?

Shopping

What is your most precious possession?

My son, although I'm not sure he would be keen on being classed as a possession!

What do you value most in a friend?

Lots of wine and a good sense of humour.

If you had a motto what would it be?

"Truth is, everybody is going to hurt you; you just gotta find the ones worth suffering for." (Bob Marley '89)

What is your greatest temptation?

Shoes, clothes, handbags, jewellery, Nike trainers, cosmetics... the list is endless.

What is your favourite meal?

Monkfish and salad washed down with copious amounts of wine.

Where do you like to go on holiday?

Anywhere hot with a really nice beach – I love Cyprus

How do you chill out?

Exercise classes (BodyPump, BodyJam or BodyBalance) or walking my gorgeous Staffordshire bull terrier, Marley

What do you take when you have a cold?

Vodka! Not really, usually hot water with honey and lemon and paracetamol.

What is your favourite type of music?

Very eclectic taste -Tamla Motown, Take That, JLS, Pink, George Michael, Faithless. Depends on my mood!

What is the most important virtue for a scientist?

Good communication skills.

If you could do any job what would you be?

Physiotherapist to a rugby team!

What's your perfect Friday night?

Taking Marley for a long walk and then relaxing with a large glass of rose or two.



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(Bob Marley '89)

EVENTS DIARY

FRIDAY 25 JUNE

**Evidence Based Practice
Workshop**
Falmouth

MONDAY 19 JULY

**National CLAHRC Managers
Meeting**
Exeter

1-3 SEPTEMBER

**Evidence Based Practice
Workshop**
Exeter

8-10 SEPTEMBER

**Evidence Based Practice
Workshop**
Plymouth

6-7 OCTOBER

NIHR CLAHRC Conference
Sheffield

THURSDAY 7 OCTOBER

PenCLAHRC Lunch
Plymouth

FRIDAY 5 NOVEMBER

**PenCLAHRC Lunch with
Lecture**
Exeter

Our regular lunchtime meeting will be preceded by a lecture: Lamprini Psychogiou will talk about Paternal depression in the postnatal period and its association with parenting behaviour and family functioning

WEDNESDAY 10 NOVEMBER

**PenCLAHRC Management
Board**
Plymouth

THURSDAY 18 NOVEMBER

**PCMD Institute of Health
Services Research Away Day**
Buckfast

THURSDAY 2 DECEMBER

**Stakeholder Prioritisation
Panel**
Plymouth

FRIDAY 10 DECEMBER

**PenCLAHRC Learning
Together Event**
Torquay

PenCLAHRC Recent Appointments

- **Pete Aighton**
Project Facilitator
- **Sarah Dawkins**
Project Facilitator
- **Lamprini Psychogiou**
Lecturer in Translational Medicine
- **Helen Welters**
Lecturer in Obesity

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London marathon success

Locality Lead Bijay Vaidya and Diabetes Theme Lead Andrew Hattersley have raised over £6,000 for the Cardiomyopathy Association by running the London Marathon. They ran in memory of their much missed colleague Ken Macleod. They both made it to the end and were even caught smiling afterwards. Both achieved excellent times: Andrew 3 hrs 55 mins and Bijay 4 hrs 33 minutes. They described it as "a wonderful occasion".

